Prepare yourself for the *Battle of the Belly!*

enter dates here

Teams of 2 or more compete for awards in multiple categories, including:

* Most pounds lost
* Most aerobic exercise logged
* Most strength training sessions logged

(Remember: Unless you are doing split routine, you need a rest day between sessions. Over-doing will lose you points and progress.)

* Best Attitude (Yes, judges accept bribes...)

Pick up a copy of The Rules of the Road from Name Here
or email her at email@yourcompany.com

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